



I can't thank Whipps
Cross Hospital enough

Turn to page 4
to find out why



Waltham Forest

NEWS

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Issue 197 22 January 2018

All gain, no pain: Our Parks activities now absolutely free!

The popular Our Parks fitness activities in Waltham Forest parks will remain absolutely free for residents to attend after a successful trial during the winter.

The Leader of the Council Clare Coghill has agreed to fund all Our Parks fitness and activity sessions that take place in parks across the borough until 2019. The sessions allow residents to join in with sports activities to help boost their physical fitness and at the same time help them make new friends in the community.

The news was met with delight by Our Parks regulars. Choni Carrio said: "Exercise classes on average cost about £6 – we are so thankful that this is free." Choni's 13-year-old son Danyal Khan added: "Doing this class helps me get out of bed and makes me want to be more active."

Our Parks coach Joshua Wehner, who is also a community basketball coach, said, "The best thing about the Our Parks classes is the social aspect of bringing people together to exercise in their local environment, in the fresh air and in all weathers. The classes are really good for all ages and abilities – whether as an introduction, for maintenance or for training.

People can push themselves to their own level."

Cathy McGuire, who attends weekend classes with her greyhound Molly, said: "I work in mental health and I can see how this class helps people with both their physical and mental health. It fosters a really nice sense of community and it is fantastic that I can bring my dog. Also Joshua is so encouraging – you never feel shamed!"

Cllr Clare Coghill said: "Physical exercise is so important. Not only does it enable people to enjoy healthy, full lives but the Our Parks classes make it even easier to meet new people in the friendly Waltham Forest community.

"I am so proud to support these important sessions which are so valued by our residents."

Our Parks activities take place regularly at four Waltham Forest parks. Langthorne Park in Leytonstone, Leyton Jubilee Park in Leyton, Lloyd Park in Walthamstow and Ridgeway Park in Chingford host a range of activities from strenuous bootcamps to rejuvenating yoga.

More info

Find out how you can get involved here: bit.ly/WFOurParks

All Our Parks activities now free!



Residents enjoy free classes with Our Parks



OPEN MORNING - Saturday 3rd February 2018

10am - 12pm

7+ ASSESSMENTS - Saturday 24th February 2018

Please register interest at www.wgprep.co.uk



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Keeping shoppers safe



Counterfeit items seized by Trading Standards officers

Waltham Forest Trading Standards officers had a number of recent successes as they work to keep shoppers safe from counterfeit or unsafe goods.

In December, Trading Standards officers visited ten premises in Walthamstow to check the SanDisk memory cards being sold were genuine. In five of the ten premises counterfeit cards were found to be on sale. In total 22 items were surrendered to officers to be destroyed, and traders were issued with warning letters. If they are caught selling counterfeit goods

again they may face court action.

A separate complaint received by Trading Standards officers led to them investigating a mobile phone retailer on suspicion of repairing Samsung mobile phone with counterfeit parts. Working with Samsung brand protection officers they seized items including chargers, car adapters and phone cases. Samsung are currently investigating and will work with Trading Standards officers to take enforcement action.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member

for the Environment, said: "It's understandable that people would want to save a few quid here and there. It can be tempting to buy the cheapest items without considering whether the deal is, in fact, too good to be true.

"The counterfeit phone chargers are a particular worry. We know fake chargers have been linked to fires and electrical accidents. You can't put a price on the safety of your loved ones – don't cut corners. Be sure the charger you buy is genuine and sold by a trusted trader. And if you do suspect someone is selling fakes let Trading Standards know – you could prevent someone else getting hurt."

More info

To report sale of suspected fake goods or to find out more about Trading Standards, visit www.walthamforest.gov.uk/content/product-safety

Advice from Trading Standards

From smartphones to tablets we just can't get enough tech – but residents can shop in confidence in Waltham Forest knowing Trading Standards officers are always on guard against counterfeit or unsafe products.

Keeping files safe is vital to keep a record of precious memories. SanDisk memory cards are a handy way to save them. They are used in many phones and cameras and their small size make them easy to carry. Fraudsters know these items can be expensive, and prey on those looking to save a few pounds by selling fake cards which may not meet the storage specifications advertised, transfer files slowly or – worst of all – fail so that you lose all your files. Fake chargers may pose a fire risk, or even damage your phone or tablet.

In brief

Our Schools Our Futures

Parents, teachers, school governors and teaching union representatives are invited to get together to discuss how to improve education for our young people. The Council wants to work with all interested parties to tackle the financial challenge schools and colleges face in improving our children's life chances, and meeting high levels of need. A meeting will be held on Thursday 25 January from 7pm – 9pm in Waltham Forest Town Hall Council Chamber.

It will be chaired by the Leader of the Waltham Forest Council, Cllr Clare Coghill and the panel will include Stella Creasy MP and Cllr Grace Williams, Cabinet Member for Children and Young People. Cllr Williams said: "We want to take a collective, proactive and constructive approach in asking the Government for what our schools and colleges most need – to improve the current challenging situation."

To attend, please email anthie.zacahriou@walthamforest.gov.uk

Help with debts

Christmas and New Year are expensive times and many of us worry about how we will pay the bills in January. Being in debt can affect our health, happiness and impact on the ones we love – but there is help out there.

The local Citizens Advice Bureau offer free debt advice and can show you how to set a budget, work out what you can afford, and negotiate with your creditors. You should seek help as soon as you are aware there may be a problem – the sooner you can take control, the sooner you can clear your debts.

If you are tenant of a Waltham Forest-owned property, the Waltham Forest Council housing

service can offer support. Dedicated welfare reform and advice officers are available to provide help and assistance. Vulnerable residents in temporary accommodation are also provided with debt advice. If you are resident with a Housing Association they will offer a similar service.

As we move nearer to the introduction of Universal Credit (UC) our customer services team are putting together a comprehensive package of support, which includes working with Citizens Advice to offer personal budgeting guidance that may prevent people falling into debt in the first place.

If the worst does happen, Discretionary Hardship fund money

may be available to assist those in Council Tax arrears. There is also the Waltham Forest Social Fund that may be able to help in exceptional cases with food, fuel and essential bills. The first and best course of action if you should find yourself in debt is to seek help as soon as possible, don't be tempted to pretend the problem will go away. There are many organisations who can offer you that support – don't suffer alone.

More info

You can find the Citizens Advice Waltham Forest office at 220 Hoe Street, Walthamstow – or call **0300 330 1175**.



Contact Waltham Forest Council



www.walthamforest.gov.uk

BETTER | More services
ONLINE | available online.



Waltham Forest News

Edited by: Corporate Communications Team

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk.

Advertising and promotional enquiries:

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Achieving personal goals with Sport for Confidence



Waltham Forest is the first London borough to offer Sport for Confidence sessions

Teresa Smith has had a spinal injury for more than half her life. This means she often has to use a mobility scooter to be able to access any activities in her local community.

So she did not expect to be going to a gym and playing sports with others. But new Sports for Confidence sessions in Waltham Forest, designed by an Occupational Therapist, mean that Teresa is one of many people with

and without disabilities who take part in weekly boccia and multi-sports sessions.

Boccia is an Olympic precision ball sport. Multi-sports can include a wide variety of sport and activities

designed around the interests of people attending, such as basketball and racquet sports.

Teresa said: "I started doing boccia before Christmas. I had got a bit down because I had lost my

'I have seen people lose weight, gain confidence and boost their sense of well-being as well as learning new skills.'

partner. I wish I was walking, but it is not to be. There are people here I can chat to and some are worse off than me."

Sport for Confidence was pioneered in Essex. Waltham Forest is the first London borough to offer it. The classes are part of the Council's ongoing commitment to improving residents' life chances as well as their health and well-being.

Occupational Therapist Sinead Kelly said: "I work in the background to help people achieve their personal goals. When playing boccia each person has a different aim – it might be social or it might be functional skills. Some people do not get out in the community or attend day centres so it gives them a sense of purpose.

"It's great for people from the whole community to be accessing physical activity together regardless of whether they have a learning disability or not".

Like Teresa, Danny Apps really enjoys the Sport for Confidence classes. Danny is partially sighted and after finishing college he had a lot of free time on his hands. He said: "I love it. After finishing college in September I could not find any activities I enjoyed doing – apart from going to watch Arsenal – where I get a headset with commentary so I can follow what is going on."

Danny cannot clearly focus on the boccia balls and cones, but he

listens to head coach Jack Edgar's voice to work out where he has to throw the balls.

Jack said: "I have been working for Sport for Confidence for ten years and this therapy-based exercise makes a huge difference to people. We sneak exercise into everyone's routine and I have seen people lose weight, gain confidence and boost their sense of well-being as well as learning new skills."

He adds: "I got into this after leaving school and we are hoping to recruit more young coaches."

More info

Sport for Confidence takes place at Waltham Forest Feel Good Centre. Boccia is on Thursday from 11.30am – 12.15pm and from 2pm – 2.45pm and Multi-Sports is on Friday from 11.30am – 12.15pm. For more information call **07543 742 407** or email **Sinead@sportforconfidence.com** For more information on sporting activities in Waltham Forest go to **www.walthamforest.gov.uk** or email **sports.dev@walthamforest.gov.uk**

Pupils take a lesson in Health and Safety



Pupils loved dressing up as builders

As our schools undergo an extensive expansion programme to create more primary and secondary places for our growing population, children have been learning about building site safety.

These pupils at St Joseph's Catholic Infant School took part in a special assembly focusing on health and safety with some dressing up in builder's hard hats, hi viz jackets and goggles to understand how these keep building site staff safe.

Their school is undergoing a complete refurbishment with building works to create six new classrooms, a nursery and

an administration space. A key messages highlighted that pupils should never enter a building site.

Meanwhile children were asked to design health and safety posters. The winning selection will be displayed on the exterior of the construction site and winners will receive building sets to play with.

The school is being refurbished on behalf of Waltham Forest Council by T&B Contractors Ltd, with funding from Education & Skills Funding Agency.



4 Our campaigns

Thank you so much Whipps Cross Hospital



■ Leukemia patient praises treatment received at Whipps Cross

■ Campaign for a world class health and wellbeing campus continues



A little girl, who is being treated for leukemia, and her mum, have joined our Love Whipps Cross campaign to modernise the hospital.

Five-year-old Grace was diagnosed with leukemia last year and has been receiving treatment locally at Whipps Cross after spending six weeks at Great

Ormond Street.

Her Mum Kelly Sherwood said: "We simply can't thank everyone at Whipps Cross and Acorn Ward enough for everything they do for Grace and our family, and we support the 'Love Whipps Cross' campaign for a new hospital, as our way of giving a little back to them and to say thank you."

Whipps Cross has served our community for a hundred years, but its age is evident. Almost half of its buildings pre-date the founding of the NHS in 1948 and the disjointed sprawling layout is detrimental to staff and patients.

The Love Whipps Cross campaign to transform the hospital into a modern health and well-being campus, has gained support from almost 4,000 residents. Waltham Forest Council is working with

Barts Health NHS Trust, clinical commissioners and the North East London Foundation Trust to progress an ambitious proposal.

Our elderly population is set to increase by 25 per cent in the next eight years and there is already pressure on services including the Emergency Department, which is one of the country's busiest with 450 admissions every day.

More than 1,600 people are seen at Whipps Cross each day and more than 70,000 people are admitted each year to the hospital's 600 beds.

Kelly said: "For almost six months Grace has been treated and cared for at Whipps Cross, and she is loved by everyone there. They are not doctors and nurses to Grace and our family: they are our friends and second family, who

cannot do enough for us every time we're there." Grace also has Down's Syndrome. Her mum said:

"Life is not always rosy and how we hope it will be, but with the help and support of others, like the doctors and nurses at Whipps Cross, we can make it through".

Please pledge your support too. It just takes a minute. bit.ly/PledgeLoveWX

More info

Kelly and Grace also fundraise for Haven House Children's Hospice and Great Ormond Street Hospital, and their links can be found on our website bit.ly/LoveWXStories

We're ready! Read our Borough of Culture bid

After handing in our bid to become the first London Borough of Culture to the Mayor of London at the start of December, we're very proud to now publish it. Read about the exciting year we have planned at wfculture19.co.uk

Winning would bring a once-in-a-lifetime programme of cultural events, as well as securing investment to Waltham Forest, boosting our economy and creating new jobs.

Celebrating creativity

The Borough of Culture programme will be a celebration of Waltham Forest's heritage and diversity. Together we'll deliver ambitious wow moments to capture national attention and events to showcase Waltham Forest's talent and special places. There will be lots of smaller scale activities to enjoy as we deliver culture on every corner. Highlights include:

- The launch of an amazing year of culture with a spectacular laser event combined with community choirs in the forest;
- Local artist Zarah Hussain will work with schools and residents to create a vast 'lake' of lights, representing water molecules, at Walthamstow marshes – the installation will be seen by thousands of people in person, from passing trains and even in planes flying overhead;
- We'll host a fabulous 48 hour festival in honour of Alfred Hitchcock, who was born and raised here – with screenings in cafes, restaurants, and pop up venues across Leytonstone town centre.

There will also be 100 opportunities for people living in Waltham Forest to become cultural leaders with apprenticeships and work programmes, leaving a fantastic legacy for our Borough of Culture year.

Help us win

From the beginning, the bid has been put together by residents and members from our artistic and creative community. It's an exciting, ambitious and ground-breaking proposal that shows we're ready to put on a wonderful show for you to promote Waltham Forest to London and the rest of the country.

The Mayor of London will make the final decision between now and February. We are one of the only boroughs to publish our bid and we want to share it with our residents, as have already begun working to deliver a truly spectacular year of culture.

We've had incredible support from almost 14,000 residents, businesses, organisations and artists backing our bid.

You can continue to help us win by:

- 1 Pledging your support at wfculture19.co.uk
- 2 Voting for us in ITV's poll bit.ly/ITVPollWF

- 3 Sharing your favourite cultural highlight about Waltham Forest using [#mylocalculture](https://twitter.com/mylocalculture) [#WFCulture19](https://twitter.com/WFCulture19)



Servicestore gives you more

■ Garden clearance brightens up resident's spring



Walthamstow resident Hazel has the Council's Servicestore team to thank after they cleared her overgrown garden so that she can enjoy it again.

As a keen painter Hazel enjoys sitting in her garden and capturing the wild flowers and nature.

However, it had become too large for her to manage without extra help. That's where the Waltham Forest Servicestore team come into the story...

Hazel said: "It was dreadful before they started because the garden is 80 feet long and as wide

'The team have made a terrific difference. Now my neighbours are thinking of how to employ them!'

as the house and I can't take care of it any more – I haven't been able to for a long time. The Servicestore team has been a Godsend – now I can go out and enjoy it again.

"I like going out there and doing botanical work and art – that's why I like having the flowers around. The team have made a terrific difference. They have worked really hard, and been so polite and tidy cleaning up beautifully at the end of the day. Now my neighbours on both sides are thinking of how to employ them!"

Waltham Forest Servicestore delivers a range of services to support people in their homes or businesses. From pest control to house clearing and a whole lot

more besides, Servicestore is the first call for household help and business support.

All staff are kept fully trained in the services they provide, and maintenance staff undergo DBS checks. Visit the Servicestore website to find out more about they can deliver, or alternatively call **020 8496 5525**.

Extra

You can watch a short video where Hazel tells us more about her experience using Servicestore here: bit.ly/HazelsStory Visit Servicestore and find out what they can do for you here: www.wfservicestore.co.uk

In brief

Dementia services

There is still time for people with dementia and their families and carers to take part in a consultation about the future of the dementia service.

A review is considering how residents with dementia and their families and carers can get the best support possible through each phase of the dementia process.

The consultation began on Mon 2 Jan 2018 and will close on Tues 13 Feb.

To take part you can attend one of these drop-in events:

- Tuesday 23 January, 6pm to 8pm @ the Chantry, 2–8 The Ridgeway, Chingford E4 6QL

- Thursday 8 February, 6pm to 8pm @ Clifton House, 4 Beachcroft Road, E11 3PN

Go to: www.walthamforest.gov.uk/dementia-consultation

You can email consultation@walthamforest.gov.uk or call **020 8496 3000** and ask for John Giffney (Interim Head of Provision and Independence).

Boost for borough parks



The council has £500,000 to spend on park and green space improvements

Councillors and officers have been overwhelmed by responses after Waltham Forest Council announced it was seeking residents' ideas to improve parks and green spaces across the borough.

The council has £500,000 to spend – that's £25,000 for each ward – on improvements that could include natural play equipment, new benches or more flowers and trees to boost biodiversity. More than 350 suggestions were

'It's going to be a tough job choosing from all the wonderful suggestions we've received'

received in just over a month – and now ward councillors must choose which ones will be taken forward.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for the Environment, said: "The response we have had has been fantastic.

We know how much residents value their parks and green and open spaces and the replies to this 'call out' just proves it.

"It's going to be a tough job choosing from all the wonderful suggestions we've received, and

even though some ideas may be beyond the budget or possibilities of this particular fund we will keep them on file in case other funding options become available in the future. Thank you to everyone who sent through their ideas.

"We are looking forward to getting to work quickly, so that residents and visitors can enjoy the improvements in time for the summer."

The councillors' choices will be announced in February 2018. We will bring you all the details in Waltham Forest News.

In more great news for parks in Waltham Forest, Sidmouth Park in Leyton been improved following requests from the local community. Users can now enjoy new seating and a mini-kickabout area while improvements have been made to the surface of the junior playground.

More info

Find out about parks and open spaces online bit.ly/ParksWF

Cervical screening reminder

Women in Waltham Forest are being urged to attend regular cervical cancer screening.

All women registered with a GP and aged 25–64 are invited for a free NHS smear test every three to five years.

This helps identify and treat pre-cancerous cells.

Ahead of Cervical Cancer Prevention Week (22–28 January), Dr Mayank Shah, Clinical Director for NHS Cancer Services at Waltham Forest Clinical Commissioning Group, said: "I cannot emphasise enough the importance of women attending their smear test when invited. Prevention is key to improving cancer survival rates."

Any woman who has not been screened in the last five years, or who experiences symptoms associated with cervical cancers, should contact their GP to book an appointment.

A full list of symptoms is available online at www.nhs.uk/conditions/cervical-cancer

Love Your Borough finalists announced

The nominations for the Love Your Borough Awards 2018 are in and the finalists have been announced. These annual awards recognise the people and organisations that help put the spirit back into the community and promote pride in the borough. The winners will be announced and receive their awards from the Leader of the Council, Clare Coghill, at a gala dinner awards evening held in

Walthamstow Assembly Hall on Friday 2 March.

We received hundreds of nominations from residents across ten categories, including Best Community Cycling Initiative, Young Citizen of the Year and the Arts and Culture.

Cllr Coghill said: "The Love Your Borough Awards are a really fantastic way for us to say thank you to those residents and businesses that work so hard to

improve the physical environment and quality of life for everyone in Waltham Forest. I was really impressed by the nominations received, and cannot wait to announce the results."

More info

For more about the Love Your Borough Awards visit www.walthamforest.gov.uk



Katherine Foreman was winner of Citizen of the Year Award 2017

Love Your Borough Awards 2018 nominees

Young Citizen of the Year

- Abdur Raheem
- Emie Emin
- Halime Kamber
- Lauren Smith

Environmental Champion of the Year

- Frances Dismore – The Stonebridge Coalition – Thames21
- Love South Chingford E4
- Vicky Peet – The Conservation Volunteers

Teacher of the Year

- Helin Taylor-Greenfield – Leyton College
- Jessica Bradley – Hospital and Home Teaching Service
- Nargis Akuji – Leytonstone School

Best Community or Business Cycling Initiative

- Cycle Sisters
- Higham Hill COG
- ZED Waltham Forest

Pride of Sports Awards

- Hannah Dobbin – Forest Flyerz Pan Disability hockey club
- Forest Crusaders Futsal Club
- Joyce Tracey Silva – Flyers Sports Academy

Uniformed Service Hero

- Leyton Fire Station Blue Watch
- Police Constable Bobby Hicks, Police Constable Matt Seager, Police Constable Ziten Mistry, Police Constable Stuart Bell – Chingford Police Station
- Police Constable David Thyng, Police Constable Imran Desai, Police Constable Danni Rose & Police Constable Rajinder Singh – Chingford Police Station

Best Business

- Gigi's Dressing Room
- Kukoolala Café
- Perky Blenders

Best Venue for Culture and Night-time Economy

- All You Read is Love – Leytonstone
- Byrd Out – Walthamstow
- The Wanstead Tap – Forest Gate

Nurse or Nursing Team of the Year

- Breast Cancer Clinic – Whipps Cross Hospital
- Dementia Ward – Whipps Cross Hospital
- Lyubima Bezinska – Community Stroke Specialist Nurse for Waltham Forest

Arts and Culture Award

- Kasima Whittingham – Breakthecycle
- Maria Theodoulou – The Leaders Academy
- Paul and Leeza Fletcher – Walthamstow Short Film Festival

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WEBSITE: WWW.FINEARTBYMEGAN.COM

Art meets nature at the Walthamstow Wetlands

Walthamstow Wetlands has launched a new arts programme that links art with nature and science. The Wetlands, which is Europe's largest urban nature reserve, opened to the public for the first time last year. It is home to a number of rare species of birds including kingfishers and peregrines.

"Wetlands Contemporary" will include a series of art installations, most of which will be on show in the Victorian Engine House. But some may even be displayed across the entire 211 hectare site itself.

At the end of this month, the Wetlands will welcome local artist Jacques Nimki, who will install new work 'Wetlands Florilegium' in the Engine House. Nimki has created models of plants that are found on site in card, paper and vinyl. These will be displayed in the Engine House building – in the mezzanine area and in the Swift Tower, the new 24m high tower which has been built to replace the Engine House's original industrial chimney that was demolished in the 1950s.

The Wetlands will also have its own artist in residence. The first of these will be Nisha Duggal, who will work onsite between February

and April. She will focus on the theme of migration – of birds, people and wildlife – using film and audio. Duggal will spend at least two days per week at Walthamstow Wetlands, meeting the visitors, exploring the wider surroundings and delivering events, workshops, open studios, walks and more.

More info

To find out more about Wetlands Contemporary visit www.walthamstowwetlands.com/art. There will also be a number of wildlife photography workshops at Walthamstow Wetlands throughout the year, which can be booked on the website.



Art exhibitions will be held in the Engine House at the Wetlands

Africa's leading music and arts festival comes to Walthamstow

■ Get your tickets online now for the Lake of Stars Festival



We look forward to welcoming Africa's leading music and arts festival to Walthamstow

Waltham Forest residents can now book tickets for one of Africa's leading music and arts festivals, Lake of Stars, which will be coming to the borough in March.

Lake of Stars will celebrate its fifteenth anniversary this year with a one-day festival in Walthamstow on Saturday 10 March. Known for hosting a festival on the beautiful shores of the Lake Malawi in Africa, the Lake of Stars project has run

events and festivals in UK and Africa since 2003.

Lake of Stars London will take place in eight venues along Wood Street and Hoe Street and will champion new talent from the UK and Africa. Visitors can enjoy music, poetry, theatre, film screenings and much more, with most activities being free of charge. The mornings will be family-focused, including arts and craft workshops. Venues include The

Duke, Woodside School, Centre17, The Rose & Crown, St Mary's Church, Empire Cinema, Mirth Marvel & Maud and Eckovision.

The festival will close with a ticketed evening concert at Walthamstow Assembly Hall. Confirmed acts include award-winning Ghanaian hip hop artist M.anifest, Malawian singer-songwriter Faith Mussa, and Scottish indie-rock band Frightened Rabbit.

Cllr Ahsan Khan, Cabinet



Performers on stage at Lake of Stars Festival, Malawi

Member for Libraries Arts and Culture at Waltham Forest Council, said: "We are delighted to host Lake of Stars' 2018 London event and to encourage such fantastic links between musicians in the UK and Africa. The festival will be one of the opening events of our new arts and live music programme WAH17 at Walthamstow Assembly Hall, which once hosted the likes of The Rolling Stones, Ronnie Scott and Eileen Joyce.

"Lake of Stars is another example of why Waltham Forest should absolutely win the Mayor's London Borough of Culture competition.

We are culturally led and culturally driven and we have a fantastic track record of delivering high quality cultural programmes. We're ready and truly deserving to be the first ever London Borough of Culture."

A number of tickets have been reserved for Waltham Forest residents and can be booked with code **LOSWF**.

More info

For more ticket information visit lakeofstars.org. The full festival programme will be announced in early February.

Sports and fitness

Drum & Bass Workout

Launching on Monday 22 January, 7.30pm

Paradox Centre, 3 Ching Way, Chingford E4 8YE

FIGHT KLUB® is the high intensity fun workout that makes getting in shape an addiction. Set to music, the program is a combination of boxing, kick boxing and dance. A workout built around a freestanding punch bag using simple combinations of kicks and punches whilst keeping time with the high energy beat. **Contact Jam'up Fitness 07572 441324. www.fightklub.co.uk Register at www.bookwhen.com/fkchingford**

Free Karate class

Saturdays, 11.30am–12.30pm

Peterhouse Centre, 122 Forest Rise, E17 3PW

Come to our classes, which are suitable for young people aged 13 and over, and adults. First lesson free! **For more information, phone/text 07956 961 563, email info@elskarate.co.uk or visit www.elskarate.co.uk.**

Run to Be 0–5K Courses

Every Thursday Evening and Friday morning from 11 January

Meet in the Reception area of Chingford Leisure Centre.

We are a running community committed to supporting anyone who wants to run, free from prejudice and barriers, irrespective of size, age or gender.

Our eight-week courses will have you running 5k by graduation!

Courses cost £40 and include qualified coaches and online support.

Details and registration – www.runtobe.co.uk or call 07970 433529

Pilates

Tuesdays and Thursdays 7pm, Wednesdays and Fridays 9.30am

St Edmund's Small Hall, 216 Chingford Mount Rd E4 8JL.

Friendly, relaxed atmosphere. These classes would suit beginners and those returning to exercise, focusing on strengthening the body, improving posture, improving fitness and aiding recovery from injuries. Fees start from £7, discounts available for advance bookings, mats and small equipment provided. Please call before attending – booking essential. **For more information contact Samantha on 07910991695 or email samcam0309@gmail.com**

Zumba with Zoe

Wednesdays 7.30pm

The Cornerstone Centre

149 Canterbury Road, Leyton, E10 6EH

Established in 2010. Come and join East London's most popular and friendly class! Classes are great fun, an excellent way to keep fit, lose weight and every class feel like a party. £5 per class **Contact details info@zumbazoe.co.uk or visit www.zumbazoe.co.uk**

co.uk Contact Zoe Evans 07737 062 504, zumbazoe1@gmail.com

Drop in Donation Yoga

Tuesday 10.30am–12noon

Wednesdays 11am–12.15pm, Fridays

7–8.15 pm and Saturdays 10.30–11.45am

United Reformed Church, 58 Orford Road E17 9QL

Yoga has so many benefits from releasing stress and tension in the body, building strength and stamina and learning how to relax and promote deeper sleep. Find a style to suit you at these friendly mixed levels class with an experienced teacher where you pay what you can afford.

For more information contact Sarah on 07815120792 or see www.yoyoga.co.uk

Box&Core

Monday's, 7pm

Walthamstow School for Girls, Church Hill, E17 9RZ

Brand new day & time! A total body workout that targets more than just your arms. Combining technique drills and core strengthening exercises, to appeal to both the novice looking for fun and a release of tension; as well as the amateur boxer wanting to improve their skills and stamina. Gloves provided but welcome to bring your own! £7 drop in – discounts for advanced payment. **For more info, phone 07903 629 636, email chloe@dancechloe.com or visit www.DanceChloe.com**

Zumba® Fitness

Saturdays, 9am

YMCA East London 642 Forest Road, E17 3EF

Due to popular demand we have opened an additional class! Wear low tread, supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere!

£7 drop in – discounts for adv. payment.

For more info, phone 07903 629 636, email chloe@dancechloe.com or visit www.DanceChloe.com

General level Pilates

Thursdays 7–8pm

Leyton Parish Church Hall, Lindley Rd E10 5PY

Drop-in Pilates classes for all: £10 (carnets available – buy 10 and get one class free), mats and small equipment provided. Pilates can improve your strength, flexibility, balance, co-ordination, bone density, reduce pain and encourage relaxation. Pilates Foundation member teacher with 18 years' experience of studio and mat work. Absolute beginners and newcomers contact me first please. **alison.bray@gmail.com; www.abpilates.co.uk; Facebook: [abpilateslondon](https://www.facebook.com/abpilateslondon)**

Beginners/ intermediate Pilates

Mondays 6:15pm

St Gabriel's Havant Road E17 3JF

Wednesdays and Thursdays, 7.30pm

St Anne's Larkshall Road E4 6NP

These relaxed, friendly classes are perfect for anyone who is new to Pilates or looking for a way to ease into exercise. Strengthen, stretch and relax in this positive

environment and get your body working at it's best. All abilities welcome... you can challenge yourself as much or as little as you like! **info@truebalance.co.uk www.truebalance.co.uk**

Active Birth Preparation for Birth Workshops

Monthly

29 Forest View Road

London E17 4EJ

For full details contact Arlene info@arlenedunkley-wood.co.uk

www.arlenedunkleywood.co.uk

www.doulaessence.com

KAPAP Self Defence

Tuesday, 7pm–8pm

Leyton Sixth Form College, Community

Sports Centre, Essex Road, E10 6EQ

KAPAP is a cutting edge self defence system. KAPAP gives you the opportunity to get fit, become stronger and confident, whilst learning a practical and effective self defence system. Come and try. Only £5 per class concessions for students' first lesson free. **For more information, email bruntonjl@yahoo.co.uk or phone Jason on 07905132595.**

Sazzercise – dance aerobics and body conditioning

Every Tuesday, 7–8pm

Leyton Youth Centre, Crawley Road, London, E10 6PY

An energising exercise class in Leyton: Sazzercise is suitable for anyone looking to improve their fitness whilst having a good time. All you need is enthusiasm! The class will improve your cardiovascular health, burn fat, as well as develop overall muscle strength, endurance, core stability and flexibility. **Contact me via sazzercise@hotmail.com or simply turn up!**

Clubs and community

BYGL's Gamer Club at Bring Your Game London

Tuesday to Friday 3pm–9pm

430 High Road Leyton, E10 6QE

We run a weekly, fun event for adults (16+) to get together and play co-operative and competitive console games, e.g. Halo 3, 4 & 5, Borderlands 2 & Pre-Sequel, Destiny 1&2.

An exciting and unique new Internet Café for Console Gamers – Fresh coffee, drinks and nibbles available. £10 per session. £8 for advance bookings. **Call Paul: 07432 019 327**

Waltham Forest Reiki Project

Tuesday 6 February, 7–8.45pm

Waltham Forest Community Hub

18A Orford Road, Walthamstow, E17 9LN

Reiki is a form of healing that works with the life force energy that flows through all living things. When one's energy is free flowing without blocks one is in balance both physically, emotionally and mentally.

Have an open mind, come along and see what we can do for you. They are one2one walk in spots administered by qualified practitioners. All are welcome. **Contact walthamforestreikiproject@gmail.com www.walthamforestreikiproject.weebly.com, 07940579055**

Waltham Forest Community Choir

Mondays: 7.30–9.30pm (during term time only)

St Mary's Church Church End Walthamstow E17 9RJ

We are a self-funded group open to anyone living and working in the borough. Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and we do not audition prospective members. Our musical repertoire includes classical, traditional, folk and popular styles. Currently seeking to recruit Tenors and Bases. £50.00 per term. **Visit www.singwithus.net; email members@singwithus.net; visit www.facebook.com/walthamforestcommunitychoir or phone 07954 740 745.**

Positive Tools 4 Life

We are a registered charity offering low cost counselling services, and mindfulness meditation workshops in Walthamstow. Prices are £15 for a 50 minute session (concession) £25 for a 50 minute session (working) Peter House Centre, 122 Forest Rise, Walthamstow, E17 3PW **Tel:07999 949843 positivetools4life@outlook.com/www.positivetools4life.co.uk we are also on Facebook/Twitter/Instagram**

YogaBirth Prenatal Yoga

Saturday Mornings 8.30–10.00am

Quaker Meeting House, Bush Road, E11 3AU

For full details contact Arlene info@arlenedunkley-wood.co.uk

www.arlenedunkleywood.co.uk

www.doulaessence.com

East Side Jazz Club @ Leytonstone and District Ex-Servicemen's Club

Every Tuesday, 8pm

Upstairs at Leytonstone & District ex-Servicemens Club, 2 Harvey Rd, E11 3DB

Top class contemporary jazz

Tuesday 30th January – Clark Tracey Quintet

Tuesday 6th February – tbc

Tuesday 13th February – Chris Laurence Quartet

Tuesday 20th February – John Altman Big Band

<http://eastsidejazzclub.blogspot.co.uk>

Bereavement Support Group

Second Tuesday of each month at 2pm

Blackhorse Road Baptist Church

65 Blackhorse Road, Walthamstow E17 7AS

For those who have lost a special person in their life and want to meet with others who may understand how they feel. Please just come along, or **for more information**

phone Diane on 0208556 0356 or e-mail diane.crow@btinternet.com

Acting Bugs

Mondays, 3.10pm and Tuesdays

10.45am

St John's Church Hall, High Road

Leytonstone, E11 1HH

Tuesdays 1.50pm

CentrE17, 1 Church Hill, E17 3AB

Fridays, 10am–12noon

The Peterhouse Centre, 122 Forest Rise, E17 3PW

Interactive drama groups for preschool children led by local TV actress and mum, Sam Seager, introducing preschool children to drama in a playful way, inspiring young imaginations through the use of storytelling, movement and music. The sessions will help develop focus and build confidence. Parents stay with their children throughout. Numbers strictly limited, so please email to book your free taster session. **Email info@actingbugs.co.uk or visit www.actingbugs.co.uk**

E17 Swedish language course

Wednesdays 7pm and 8.10pm

Peterhouse Centre, 122, Forest Rise, Upper Walthamstow Rd, Walthamstow, London

E17 3PW

Learn Swedish in these beginners/intermediate and conversation courses classes. Relaxed, fun & productive for adults. Pay £110 for a term of ten 60 minute lessons in a small group (beginners). Individual lessons also available. **For more info phone Christian Karlsson on 07958 471 083, email chris@e17swedish.com or visit www.e17swedish.com.**

Mum2mum market Chingford

Sunday 28 January, 2–4pm

South Chingford Congregational Church, 161 Chingford Mount Road, E4 8LT

Mum2mum market is a nearly new sale where parents can come and sell their preloved baby/child related products for other parents to purchase at a fraction of the highstreet price. Turn your unwanted baby/child products into cash or come and grab your next big bargain.

Pinar@mum2mummarket.co.uk

Big Garden Birdwatch

One hour over Saturday 27, Sunday 28 or Monday 29 January

The RSPB is inviting Waltham Forest News readers to share details of the birds in their gardens for this year's Big Garden Birdwatch. The survey helps inform conservation delivery.

Full information and FREE bird identification sheet from www.rspb.org.uk/birdwatch

Culture and crafts

Chingford Life Drawing

Every Thursday, 7.30–9.30pm

Mornington Hall, The Green Walk, Chingford E4 7EN

We are a local life drawing group in Chingford. We meet up for untutored drawing with professional models from all backgrounds. Basic art materials will be provided free such as A2 newsprint papers, charcoal, pencils, rubbers and putty. Sketching papers will be available for purchase at small cost. You are always welcome to bring your art materials. Price: £8.50 drop-in.

For more info visit www.facebook.com/groups/chingford.drawing/

Gardening Training Course

Wednesdays (7 sessions) starting 21 February, 9.15am–2.45pm

Lloyd Park, off Forest Road, Walthamstow, E17 5EH.

City & Guilds Level 1 Course in Gardening Skills. Gain basic horticulture skills to use in your garden or allotment, or to get work in the gardening sector. Delivered by an experienced tutor from the Waltham Forest Adult Learning Service. Standard fee £161.00, discounted fee £73, jobseekers' concessionary rate free. For further information email gardeninginthepark@gmail.com Advanced booking essential: via the Course Finder database at www.lbwfadullearning.co.uk or call 020 8496 2974 or 020 8496 1061. Course code: LYG9066-3UA.

Gardening Workshop – Pruning Roses

Saturday 24 February, 1–4pm

Lloyd Park, off Forest Road, Walthamstow, E17 5EH.

Gain skills to use in your garden or allotment, plus enjoy meeting like-minded people and the beautiful heritage landscape of Lloyd Park. Standard fee £15.00, discounted fee £7.50

For further information email gardeninginthepark@gmail.com Advanced booking essential: via the Course Finder database at www.lbwfadullearning.co.uk or call 020 8496 2974 or 020 8496 1061.

Music lessons / recording studio

East London Mini Music Studio, near Queen's Road, E11 1BB

Times Vary

Budget recording/practice/teaching space run by Sam Thomas – composer – recording artist – session player. Sam offers guitar and drum lessons for all ages as well as renting out his well-equipped garden studio for recording/production purposes. Lessons are £15 for half an hour (£25ph). Recording sessions are just £20ph. Sam can be as involved in the recording process as desired, anything from simply operating the equipment to full production. Search 'East London Mini Music Studio' on facebook for more info. Phone Sam on 07972543748 or email sam@samthomasmusic.com

Pop Up Pottery @The Mill

7–11 Coppermill Lane, E17 7HA

Thursday 25 January, 7.15pm–9.30pm

Join us for an evening of creativity and relaxation at our pop up pottery. Decorate a ceramic travel mug. £15 per person payable in advance. Limited spaces. To book email info@themille17.org

Lawn Bowls For Beginners

Mondays 10am–12.30pm

Lloyd Park, E17

Walthamstow Borough Bowls Club welcomes new players to try the game of lawn bowls on Monday mornings. No experience necessary and your first session is free. Experienced players also welcome. Contact Bob Belam on 07754 667 638 or bob.belam@gmail.com

Children and young people

BYGL's Kids Gamer Club at Bring Your Game London

Every Saturday and Sunday 10am–12noon
430 High Road Leyton, E10 6QE

Fun events for kids aged 7–15 years. Play Minecraft and other age-related games, learn new skills and problem-solving through video game consoles in a unique and exciting new Internet Game Café. Drinks & nibbles available.

£8 per session. £6 for advance bookings.

Call Debra or Paul: 07432 019 327

E-mail: admin@bygl.co.uk

Bongalong Music Movement and Make Believe for Under 5s and their carer, also classes for Under Ones

Check the website for details of venue & times www.bongalong.co.uk

St Mary's Welcome Centre, 8 Church End, E17 9RJ

Singing, dancing, let's pretend and beautiful percussion instruments. Weekly term time booked classes

Under 5s: **Monday, Tuesday, Wednesday, Thursday & Friday**

Under 1s: **Monday, Tuesday, Wednesday, Thursday**

Check the website for details of venue & times www.bongalong.co.uk

Contact Fiona to book 07811460282/
fiona.bongalong@gmail.com

Also DROP IN Bongalong Early Risers

Saturdays in term time 8.30am and 9.30am

at St Mary's Welcome Centre, 8 Church End, E17 9RJ

£6.50 per child/£10.50 for two siblings

Free Karate class for Kids

Saturdays, 10.30–11.30am

Peterhouse Centre, 122 Forest Rise, E17 3PW

Come to our classes for children aged 6 years and over. First lesson free!

For more information, phone/text 07956 961 563, email info@elskarate.co.uk or visit www.elskarate.co.uk.

Little Tigers Karate

Tuesdays 4.30–5pm

Nexus Centre, 3 Snowberry Close, Leytonstone E15 2HA

Come to our classes for children aged 3, 4 & 5 years. First lesson free! For more

information, phone/text 07956 961 563, email info@elskarate.co.uk or visit www.elskarate.co.uk.

Dad's & Toddlers group

Saturday 24 February and every fourth Saturday of the month at 9–10.30am

Christ Church Leyton, 73 Francis Rd, London, E10 6PL

A group for Dads and pre-school aged children. Join us for toys, activities, bacon rolls(!) and to connect with other dads.

All this and at the same time mums get a morning off!

Email luke.forty@christchurchleyton.org. uk or visit www.christchurchleyton.org.uk

Half Term Kids Art Club @The Mill

7–11 Coppermill Lane, E17 7HA

Thursday, 15 February. 2–4.30pm

Make your own animated self-portrait in the style of Picasso! FREE workshop led by local artists Jane Evans and Melissa Herman.

For children aged 6 years+ (under 8s must be accompanied. Limited spaces. Booking essential. To book email info@themille17.org or call 0208 521 3211.

French and Spanish for kids

Wednesdays for 5 to 7 year olds.

Spanish:4pm / French : 4.40pm

The Mill 7–11 Coppermill lane E17 7HA

We offer children the opportunity to enjoy a fun and positive approach to language learning through our award winning programmes giving them confidence for when they start languages at primary and secondary school. Classes are based on stories, role plays, games, crafts and songs. £5.50 per class payable per term block, first lesson free as taster. For more info contact Arno at arno@frenchandspanishforkids.co.uk, phone:07846018215 or visit www.lajolieronde.co.uk

Community Ward Forums

Leyton

Thursday 25 January 2018

7pm–8.45pm

Seddon Centre, 33 Clyde Place, Leyton, E10 5AS

Larkwood & Valley

Monday 5 February 2018

7pm–9.00pm

South Chingford Community Library, 265 Chingford Mount Road, Chingford E4 8LP

Council Meetings

Monday 22 January, 7pm

Waltham Forest Safer Neighbourhoods Board

Tuesday 23 January, 4.30pm

Cabinet 24/01

Wednesday 24 January, 7.30pm

Health Scrutiny Committee

Thursday 25 January, 12.30pm

Local Full Fibre Networks Challenge Fund Bid, Executive Decision

Wednesday 31 January, 1.30pm

Simple Bistro, 346 Lea Bridge Road, Leyton, London E10 7L, 31/01.

Thursday 1 February, 7.30pm

Neighbourhoods Scrutiny Committee

Thursday 1 February, 7.30pm

Children and Families Scrutiny Committee

Friday 2 February, 10am

Staffing Committee

Tuesday 6 February, 7pm

Planning Committee

Tuesday 13 February, 7.30pm

Budget and Performance Scrutiny Committee

Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

The deadline for 5 February 2018 edition is

Friday 26 January

Inclusion cannot be guaranteed due to the high volume of requests received.

Please send your listing in the body of an email formatted as shown on these pages. Events received in other formats will not be used.

Please keep to a maximum of 60 words and a two entries per person/group.



Waltham Forest Pharmaceutical services

Are we meeting your needs?

Your views are important to inform our Pharmaceutical Needs Assessment report.

HAVE YOUR SAY - complete our short survey
www.surveymonkey.co.uk/r/lbwfpharma

or get in touch to find out more or to order a paper copy please email Public.Health@walthamforest.gov.uk or call 0208 496 4632

Visit www.walthamforest.gov.uk/PNA2018 to find out more





24/7
Support

Up to
£458
per week

Up to
66%
off Council Tax

BE THE ONE
FOSTER
Become a **WALTHAM FOREST** carer

BROTHERS AND SISTERS

This New Year we are calling on local residents to consider fostering brothers and sisters. Jackie Sanders, director of communications and public affairs at The Fostering Network, shared: "Our relationships with our brothers and sisters are often some of the most important and longest lasting of our lives. Yet children in care, already dealing with the trauma of being separated from their parents, are all too often split up from their siblings as well. Sometimes brothers and sisters will be separated because it is in their best interests, but in general finding a foster family that can keep siblings together is crucial."

We need your help, especially if you can help to keep brothers and sisters together. You will need to have two or more spare bedrooms or one spare bedroom large enough for two children.

Waltham Forest offer a unique package which includes up to £458 per child, up to 66 per cent off your Council Tax bill, 24/7 social worker support and discounted membership at any of Waltham Forest's leisure centres.

**"WE LOVE OUR
FOSTER CARER AND ARE SO
GLAD WE WERE HER CHRISTMAS
PRESENT IN 2004. WE KNOW WE ARE VERY
LUCKY THAT WE GOT TO LIVE WITH HER AND
SHE HAS BEEN THE BEST EVEN ALWAYS
TAKING US ON HOLIDAY WITH HER."**

**AIDAN AND MONTY, AGED 17
(NAMES CHANGED TO PROTECT
THE TWIN'S IDENTITY)**

FOSTERING EVENTS

**Come along to one
of our events to
meet the fostering
team and an
approved Waltham
Forest foster carer;**

Recruitment stand

Monday 22 January, 10am to 4pm
Tuesday 23 January 1pm to 4pm
and Friday 26 January 10am to 4pm

The Exchange, Ilford,
(outside M&S) The High Road,
Ilford, Essex, IG1 4FA

Evening Information Sessions

Tuesday 6 February, 6.30pm and
Tuesday 6 March, 6.30pm

Waltham Forest Town Hall,
Forest Road, Walthamstow,
E17 4DF

Please visit our website

www.fosteringwalthamforest.co.uk

where you can find out more and watch a great short film fostering 'Giants'.

Bright reminder to Clean It Up and help keep our streets clean

■ Clean It Up dog fouling campaign relaunched this month

Dog owners are being reminded to pick up after their dogs or face an £80 fine in the Clean It Up campaign relaunched this month.

Brightly coloured stencils with an image of a dog and the words Clean It Up are being sprayed on pavements around the borough in areas where residents have reported instances of repeated dog fouling. These include pavements close to schools and entrances to parks as well as alleyways where people take their dogs for walks.

Concerned residents are being encouraged to report instances of dog fouling to Waltham Forest Council online so we can all help stamp out dog fouling.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for the

Environment said: "In an effort to ensure our streets are as clean as possible, we are reminding all dog owners that they could be fined £80 if they do not clean up after their dog.

"It is very unhygienic to leave dog fouling on the ground in case people stand in it and then take it into their homes, schools or workplaces. Please always take a bag with you and put your dog's mess in one of the 1,500 public litter bins around the borough."

"Some dog owners just let their pets off their leads and do not notice where the dog has done its business." Helen Lerner from Walthamstow said: "This innovative campaign targets the few irresponsible owners who don't clean up after their dogs. It has made a real impact tackling the issue on the ground."



Stencils remind dog owners to Clean It Up after their pets.

More info

To report dog fouling please visit the council's website: <https://www.walthamforest.gov.uk/content/dog-fouling>

Waste not want not: Smart bins save money and the environment

Cllr Clyde Loakes tries out a smart bin outside Leytonstone Station



Ten new smart bins will be installed in Waltham Forest to make collecting litter easier and to help keep borough streets even cleaner.

The solar-powered bins contain sensors that detect when the material can be compacted to free up extra space. When the load cannot be compacted any further, an alert will be sent to collection crews so that the bin can be emptied. The bins can hold up to

ten times more rubbish leading to a reduced demand on collection crews.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for the Environment, said: "These great bins will save valuable public money and help to keep our streets clean for all to enjoy. Instead of having crews visit busy areas four or five times a day, they will only need to stop by every few days when the bin cannot compact any

more litter.

"Look out for one of these new bins near you soon. Come and use them, make the most of them, and let's make Waltham Forest a cleaner and greener place to live."

Additional features include a pedal so users can keep their hands clean, LED status indicators to tell at a glance whether the bin is full, and a dedicated cigarette stubber.

So far new bins have been

installed at Bakers Arms, E17; Leyton Station, E10; Leytonstone Station, E11; Leytonstone Library, E11 and Blackhorse Road Station, E17. A further five will soon be placed at Highams Park, E4; Albert Crescent, E4; St James Street Station E17; The Scene, E17 and Walthamstow Central Station, E17.

Q & As

■ What is the cost of these bins?

The bins have been hired while we assess their impact. Advertising space is available on the bins to help fund them. Staff will spend less time making rounds to see whether bins need to be emptied, as the smart bins will send an alert when action is needed.

■ Will these bins mean that jobs are at risk in the cleaning team?

The new bins will allow team members to work more efficiently and focus on street cleaning rather than emptying bins that may not be full.

In brief

Help after hurricane

Fundraisers are continuing to collect donations to help rebuild schools in Waltham Forest's twin islands of Dominica and Barbuda. Both islands were devastated by hurricanes Irma and Maria in September.

Mervin Caesar-John, who chairs the twinning association, said: "Schools in Dominica and Barbuda have had so much damage. Many Waltham Forest residents have family in the Caribbean and I know they will want to help."

The Antigua and Barbuda High Commissioner highlighted a need for educational materials on a recent visit to the Town Hall.

The High Commission, working with the Ascension Trust, has set up a Rebuild Barbuda Appeal Fund where donations can be sent. The Dominica High Commission is also encouraging donations: **More info: To donate to the Rebuild Barbuda Appeal fund, visit: mydonate.bt.com/events/ascensiontrust/447776**

To donate to the Dominica appeal, visit: www.dominicarelief.org/

LGBT History Month

Waltham Forest will be one of London's hubs for the National Festival of Lesbian, Gay, Bisexual and Transgender (LGBT) History Month.

Events will include a talk at Vestry House Museum on Saturday 24 February to discuss how LGBT artists and residents can best be reflected in the cultural programme.

Meanwhile, Chingford Lesbian Reading Group, which has been running for ten years, will host a celebration called "Wordy Women" at Chingford Assembly Hall on Tuesday 20 February with authors Kaite Welsh, Olumide Popoola and Catherine Hall discussing their work.

And award-winning film and theatre writer Rob Young is inviting people to help reveal the hidden voices of the LGBT community at creative writing workshops this February to inspire a play.

For more information go to www.walthamforest.gov.uk/events

Smallest Things

Waltham Forest Council has backed a campaign calling for the Government to extend maternity and paternity leave for parents of premature babies.

The Council has also become the first employer in the country to extend maternity and paternity leave to staff who give birth to a baby at less than 37 weeks. The Smallest Things Campaign, which has a 150,000 signature petition. For more info go to: <https://thesmallestthings.org/>

Planning

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 174557

APPLICANT Newson & Hooker

ADDRESS 52–54 Beulah Road, Walthamstow, London, E17 9LQ

PROPOSAL Partial demolition and alterations including extensions to front building to create three residential units (1 x 3 bedroom, 1 x 2 bedroom houses, and 1 x 2 bedroom flat).

Demolition of existing rear buildings and construction of three storey building to create two residential units 2 x 2 bedroom houses.

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 174163

APPLICANT Mr John King

ADDRESS Flat 1 & Flat 3, 236 High Road Leyton, Leyton, E10 5PS

PROPOSAL Construction of two storey rear extension.

These applications are available to view on the following website:

<https://www.walthamforest.gov.uk/content/search-planning-applications>

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

Dated this day 22 January 2018

Adrian Harding

**Interim Head of Development Management and Building Control
London Borough of Waltham Forest**

Highways

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 AND HIGHWAYS ACT 1980

FOREST ROAD AND PALMERSTON ROAD – WALKING AND CYCLING – E17 STREETS

PEDESTRIAN CROSSING, SPEED HUMP, PARKING AND WAITING AND LOADING CHANGES – FOREST ROAD (AND SIDE

ROADS) AND PALMERSTON ROAD (T1&2(18))

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. *) Order 201*

The Waltham Forest (Charged-For Parking Places) (Amendment No. *) Order 201*

1. **NOTICE IS GIVEN** that the London Borough of Waltham Forest (hereinafter referred to as “The Council”) proposes to make the above-mentioned Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with cycle improvements, “Copenhagen Style blended crossing” entry treatments at junctions (shared highway and footway space for moving vehicles and pedestrians) and new and revised crossings would be:

(a) in **Forest Road** E17 to extend the short stay (30 minutes) parking place on the north side outside Nos. 345 to 359 Forest Road by 1.5 metres at its western end and by 4 metres at its eastern end (replacing double yellow line “at any time” waiting restrictions in each location);

(b) in **Forest Road** E17 to extend the permit holders parking place on the north side outside Nos. 369 to 379 Forest Road by 14 metres at its eastern end (replacing double yellow line “at any time” waiting restrictions and to shorten that parking place by 2 metres at its western end (replacing that length with double yellow line “at any time” waiting and “at any time” loading restrictions).

(c) in **Forest Road** E17 to provide double yellow line “at any time” waiting and “at any time” loading restrictions in the following lengths:

(i) except in existing parking places or the lengths of proposed parking space referred to in sub-paragraph (a) or (b) above: (1) on the north side, between 12 metres west of Holmes Avenue and 7.5 metres east of Winns Avenue; and (2) on the south side, between 23 metres west of Wolsey Avenue and 8 metres east of Jewel Road; and

(ii) where the zebra crossing and associated zigzag marking referred to in sub-paragraph 2(d) below would be removed; and

(d) in **Palmerston Road** E17, in relation to the relocation southward of a bus stop, to provide double yellow line “at any time” waiting restrictions on the west side opposite Nos. 58 to 62 Palmerston Road.

2. **NOTICE IS ALSO HEREBY GIVEN** that the Council under section 23 of the Road Traffic Regulation Act 1984, sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999 proposes to:

(a) establish and construct a raised “toucan” pedestrian crossing on **Forest Road** with the centre of the crossing and raised table situated approximately 2 metres west of the boundary wall of Nos. 411 and 413 Forest Road. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, would be placed on the carriageway either side of the crossing (extending 22 metres eastwards and westwards). The speed table on which parallel pedestrian and cyclist crossing would be located would be 50 metres in length including the gradients;

(b) remove the existing zebra crossing

outside Nos. 431 / 435 Forest Road and remove the zig-zag markings associated with that crossing.

(c) establish and construct a raised parallel (pedestrians and pedal cycles) crossing in **Forest Road** with the centre of the crossing and raised table situated on the boundary of Nos 465 and 467 Forest Road. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times would be placed on the carriageway either side of the crossing (extending 22 metres eastwards and westwards). The speed table on which parallel crossing would be located would be 17 metres in length including the gradients;

(d) remove the existing zebra crossing on **Forest Road** near Gaywood Road and establish a parallel (pedestrians and pedal cycles) crossing. The existing zig-zag markings would be extended 2 metres in the eastern direction and 4 metres in the western direction.

(e) remove the existing zebra crossing on **Forest Road** near Jewel Road and establish a parallel (pedestrians and pedal cycles) crossing. The existing zig-zag markings on the eastern side of the crossing would be extended 4 metres in the eastern direction.

(f) remove the existing zebra crossing on **Palmerston Road** near Elmsdale Road and establish a parallel pedestrian and cyclist crossing. The existing zig-zag markings on the south-west side of the crossing would be extended by 4 metres. The speed table on which parallel crossing would be located would be 36 metres in length including the gradients;

(g) construct ‘Copenhagen style blended crossings’ with ramp gradients of between 1:10 and 1:15 and with a length of up to 12 metres in **Bromley Road** E17, **Bedford Road** E17, **Winns Terrace** E17, **Balis Road** E17, **Diana Road** E17, **Mersey Road** E17, **Bemsted Road** E17 and **Luton Road** E17 at their junctions with **Forest Road** E17. *Parking on a Copenhagen styled crossing (as with any raised section of highway above the existing highway) is prohibited under section 86 of The Traffic Management Act 2004 (exceptions apply), as such parking would be prohibited in these locations. The raised tables would each be an elevated section of carriageway, between 90 and 100 millimetres (+/-5mm) higher at their highest point than the surrounding carriageway, extending across the full width of the carriageway.*

3. A copy of each of the Orders, the Council’s statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders, speed humps and pedestrian/ cycle crossings can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders,

at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to object to the Orders, speed humps or pedestrian/ cycle crossings or to make any other representation should send a statement

in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T1&2(18) – Forest Road & Palmeston Road E17** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T1&2(18) – Forest Road & Palmeston Road E17 – Walking and Cycling scheme**
Dated 22nd January 2018

Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 AND HIGHWAYS ACT 1980

BOUNDARY ROAD, MARKHOUSE ROAD

AND THEYDON ROAD – E17 STREETS

PARKING AND WAITING AND LOADING

CHANGES AND PROVISION OF RAISED

TABLE (T3(18))

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. *) Order 201*

The Waltham Forest (Charged-For Parking Places) (Amendment No. *) Order 201*

1. **NOTICE IS GIVEN** that the London Borough of Waltham Forest (hereinafter referred to as “The Council”) proposes to make the above-mentioned Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders would be:

(a) on the south-east side of **Boundary Road** E17: (1) adjacent to No. 249 Markhouse Road to remove 9.8 metres of short stay parking space; and (2) adjacent to No. 249 Markhouse Road and outside No. 275 Boundary Road to remove 12 metres of permit holders parking space and replace it with a free short stay parking place (30 minutes maximum stay, no return for 2 hours) operating between 8am and 6.30pm on Mondays to Saturdays inclusive;

(b) to provide ‘at any time’ waiting and loading restrictions (including waiting for the purpose of loading/unloading):

(i) on both sides of **Boundary Road** E17, for approximately 20 metres east of Markhouse Road; and

(ii) on the north-east side of **Markhouse Road** E17, outside Nos. 249 to 257 Markhouse Road.

2. **NOTICE IS ALSO HEREBY GIVEN** that the Council under sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999 proposes to construction the type of speed table known as a raised table in **Markhouse Road** E17, extending between the common boundary of Nos. 228/230 and 232/234 Markhouse Road and 1 metre south of the common boundary of Nos. 249 and 251 Markhouse Road (with 2 metre long ramps) and extending 7 metres into **Theydon Street** E17 (with a 1.5 metre long ramp) and 20 metres into **Boundary Road** E17(with a 1.5 metre long ramp). *The*

raised table would be an elevated section of carriageway, 75 higher at its highest point than the surrounding carriageway, extending across the full width of the carriageway.

3. A copy of each of the Orders, the Council’s statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders and raised table can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to object to the Orders or speed humps or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T3(18) – Markhouse Road and Boundary Road** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T3(18) – Markhouse Road and Boundary Road**
Dated 22nd January 2018
Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)

THE WALTHAM FOREST (CLIFTON AVENUE E17) (TEMPORARY PROHIBITION OF TRAFFIC, RESTRICTION ON WAITING AND LOADING AND SUSPENSION OF ONE-WAY WORKING) ORDER 2018 – (TT1(18))

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest intends to make an Order to enable works to implement a new crossing to be carried out in a safe and efficient manner in **Clifton Avenue E17**.

2. The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) from entering, proceeding, waiting or loading for any purpose, at any time, in Clifton Avenue E17, between the south-eastern kerb-line of Blackhorse Lane and the western boundary of No. 1 Clifton Avenue.

3. Whilst the works are taking place and only at such time as regulatory signs are in place, the **one-way operation** to vehicular traffic in Clifton Avenue E17 will be temporarily suspended.

4. Vehicular access to properties affected by these temporary measures will be maintained wherever possible, subject to the extent and operation of the closures.

5. Parking Places will be suspended

whilst works are being carried in accordance with paragraph 2(b) above.

6. Vehicles waiting or loading/unloading in disregard of this Order would be removed.

7. Whilst the prohibitions referred to in paragraph 2 above remain in force, advance warning signage and alternative routes for traffic shall be in place.

8. The restrictions mentioned above would not apply in relation to any vehicle being used -

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency.

9. The Order would come into operation on **5th February 2018** and would be valid for a maximum period of 18 months or until the works are completed, whichever is the sooner.

Dated 22nd January 2018
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST
MISCELLANEOUS HIGHWAY CHANGES TO ACCOMMODATE POP-AND-SHOP/VISITOR PARKING, PERMIT PARKING, LOADING, CONTRAFLOW CYCLING AND NO WAITING AND MINOR CORRECTIONS TO EXISTING ORDERS TO ACCURATELY REFLECT RESTRICTIONS OR PROVISIONS ON THE HIGHWAY
The Waltham Forest (Charged-For Parking Places) (Amendment No. 63) Order 2017
The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. 93) Order 2017
The Waltham Forest (Prescribed Routes) (No. 4 (2014)) (Amendment No. 1) Traffic Order 2017
The Waltham Forest (Prescribed Routes) (No. 8) (Revocation) Traffic Order 2017
T36(17)

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest (the Council) on **22nd January 2018** made the above-mentioned Orders under sections 6, 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Orders will be in:

(a) **Clifton Avenue E17 (CR)** – northern side – to convert a section of single yellow line waiting restriction and School Keep Clear markings to BL permit parking space operating Mon–Sat 8am to 6.30pm inclusive opposite Nos. 17 and 25 (T36c);

(b) **Grosvenor Rise East E17 (GRE) – south side** – convert a free short stay parking place into permit parking space operating Mon–Fri 10am to 4pm inclusive adjacent the side wall of No. 70, BR; (T36d)

(c) **Hoe Street E17** – for southbound traffic, remove the right hand turn ban into High Street from Hoe Street (T36f);

(d) **Leyton High Road E10 (LHR)** – eastern side – to convert a 10 metre section of Pay by Phone parking outside Nos. 438 to 442 LHR to a Loading Place operating between 10am and 4pm Mon–Sat inclusive. This will split the existing Pay by Phone parking place and create two Pay by Phone parking Places either side of the Loading Place. There is no change to the

waiting and loading restrictions operating in this vicinity (T36g);

(e) **Rosslyn Road E17 (RR) – south-west side** – to convert a section of single yellow line waiting restriction to permit parking space operating Mon– Fri 10am to 4pm inclusive, between Nos. 15 and 23 RR (T36h);

(f) **St George’s Road E10 (SGR)** – south-east side – convert a 10 metre section of permit parking space into a Pay by Phone parking Place outside Nos. 2 and 4 SGR (T36i); and

(g) **Warren Road E10 (WR)** – (1) north-west side – (i) convert a 10 metre section of permit parking space into a Pay by Phone parking Place outside Nos. 1 and 3 WR; and (ii) convert 3.8 metres of single yellow line waiting restriction to double yellow line “at any time” waiting restrictions between No. 1 and the side wall of No. 224 High Road Leyton; and (2) south-east side – convert a permit parking place into a Pay by Phone parking Place outside No. 4 WR (T36j);

(h) **Friday Hill East E4** – from a point 4.9 metres south of the southern boundary of No. 18 southwards for a distance of 4 metres to provide double yellow line “at any time” waiting restrictions (as advertised in WFN issue 190 9th October 2017)

Nb/. All Pay by Phone parking places will operate Mondays to Saturdays 10 am to 1pm and 2pm to 4 pm with initial parking free for 15 minutes or pay by phone 2 hours maximum stay and no return in 2 hours. Charges are shown in the Schedule below

3. **FURTHER NOTICE IS HEREBY GIVEN** that the Council under the same RTRA sections mentioned in paragraph 1 made minor amendments to existing Orders in relation to certain parking provisions and no waiting restrictions already existing on the highway, namely in:

(a) **Lea Bridge Road (LBR)** – both sides – waiting restrictions operating Mon–Sat 7am to 7pm between Rigg Approach and the London Borough of Hackney (T36l);

(b) **Leyton High Road E10 (LHR)** – waiting restrictions operating Mon–Sat 7am to 7pm and loading restrictions operating between Mon–Sat 7am to 10am and 4pm to 7pm (T36m); and

(c) Prevent vehicles entering (except cycles) **Winns Terrace E17** where entry to that road is currently prohibited by a no-entry sign plate situated at its junction with Forest Road (T36n);

All provisions and restrictions mentioned in paragraph 3 above have been incorporated where necessary into the script of the relevant Orders to accurately reflect those provisions as they exist on the ground (no changes will be made on street for the measures mentioned in paragraph 3);

4. Copies of the Orders, which will come into operation from **22nd January 2018** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

5. Any person desiring to question the validity of either of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements

thereof or of any relevant regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 22nd January 2018
Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS.

Parking Period	Pay by phone	Voucher Scheme
30 minutes	£1	£1.25
1 hour	£1.70	£2.40
1 hour and 30 minutes	£2.70	1 x 1 hr and 1 x 30 min voucher charge
2 hours	£3.40	2 x 1 hr voucher charge

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)
THE WALTHAM FOREST (LEA BRIDGE ROAD REGION) (HIGHWAY CONSTRUCTION PROGRAMME) (TEMPORARY MEASURES) (NO. 3) ORDER 2018
(TT2(18))

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** intend on making an Order to enable the construction of blended crossings and other related traffic highway construction works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times, to prohibit vehicles (except works vehicles), restrict waiting and loading by vehicles (except works vehicles).

2. Whilst the works are being carried out and to such extent as regulatory signs are displayed no person shall:

(a) cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time in **Lea Bridge Road E17** – between its junctions with Markhouse Road and Russell Road;

(b) cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time within 25 metres **of the junction of any road adjoining Lea Bridge Road E17** (situated between Lea Bridge Road’s junctions with Markhouse and Russel Road; or

3. Whilst works are being carried out and only when regulatory signs are displayed:

(a) the one-way working to vehicles in:

(i) **Rochdale Road, Northumberland Road, Onra Road, Vicarage Road, Russell Road and Gloucester Road.**

(ii) **Manor Road E10** between its junctions with Lea Bridge Road and Malta Road;

will hereby be suspended.

4. Whilst the prohibitions referred to in paragraph 3 above remain in force, alternative routes for traffic would be indicated by traffic signs.

5. Vehicles waiting or loading in disregard of this Order would be removed.

6. The prohibitions mentioned above would not apply in relation to any vehicle being used –

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency.

7. The Order would come into operation on **5th February 2018** for a maximum period of 18 months, or until the works are completed, whichever is the sooner.

**NOTE: These works would not be carried out simultaneously in all sections of the roads mentioned in paragraphs 2 and 3 above but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works which would give more specific details on the exact dates and locations of the prohibitions, restrictions and effects of any temporary traffic management and diversion routes as necessary. 2-way stop/go working will be used wherever possible to minimise disruption.*

Dated 22nd January 2018
Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS

Notice

CONSULTATION NOTICE
Lena Kennedy Ball Court E4 9XD development proposal
Statutory Consultation – Secure Council Tenants 1–45 Lena Kennedy Close E4 and 95A Aldriche Way E4 Section 105 of Housing Act 1985
The Council intends to consult all secure tenants at 1–45 Lena Kennedy Close and 95A Aldriche Way on the proposal to build new homes on the Lena Kennedy Close

Ball Court E4. This is a “matter of housing management” that is likely substantially to affect secure tenants at these properties for the purposes of Section 105 of the Housing Act 1985.

The arrangements for this consultation are as follows:

- On or around **22nd January 2018** all secure tenants at 1–45 Lena Kennedy Close and 95A Aldriche Way will be sent a ‘Lena Kennedy E4 Ball Court ’ Information Pack summarising the issues involved and setting out the Councils’ proposals. This pack will consist of a letter and drawing(s) of the proposals.
- Secure tenants will be invited to make their views known to the Council via email or by writing to the Council at the addresses given in the Information Pack. We will also invite views from the leaseholders within the flats as leases may need to be varied.
- Secure tenants will have 28 days to make their views known to the Council. Before making a final decision on this matter the Council will consider any representations made in accordance with these arrangements.

This Notice is published in accordance with Section 105(5) of the Housing Act 1985. A copy of this Notice is online at <http://www.walthamforest.gov.uk/dhwhf-lena> and for inspection at Waltham Forest Housing, Cedar Wood House, 2d Fulbourne Road, E17 4GG between 9am–5pm, Monday to Friday. In addition, a copy of this Notice will be given to any member of the public who asks for one.

Responses must be received no later than 19th February 2016.

Waltham Forest News advertising

Did you know Waltham Forest News has a circulation of 110,000 – Advertising has never been so effective

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Grimebusters: Help us catch the litter louts

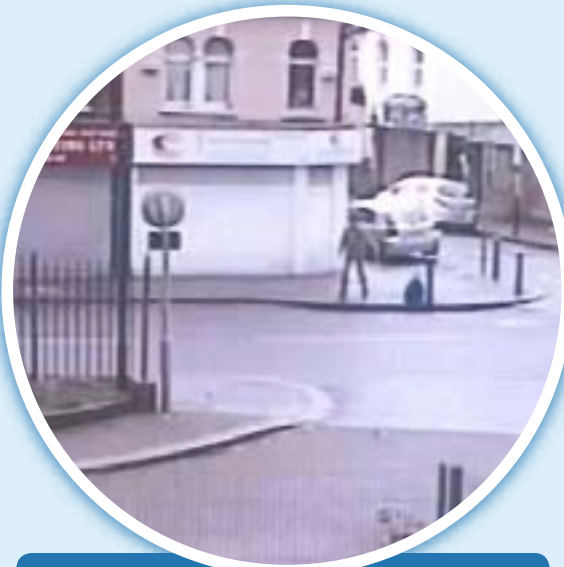
Can you help us track down these envirocriminals? Their lack of concern for keeping your borough tidy means we have to spend money that could fund essential services cleaning up after them.

We'd be very keen to track them down so we can hand them a bill for their mess. Can you help? If you recognise any of these litter louts please do let us know on by visiting www.walthamforest.gov.uk/grimebusters – let's work together to keep our borough safe, clean and green!

"If there's something strange in your neighbourhood, if there's something weird and it don't look good- who ya gonna call? Grimebusters!"



Our CCTV cameras caught a male wearing a dark top, light trousers and white trainers dumping two black rubbish bags at 17.55 on 26 November outside 200 Billet Road, Walthamstow. Do you recognise him?



We captured this gentleman in a beige top and dark trousers dumping a bag of rubbish on Drapers Road, Walthamstow, on Sunday 3 December. We've got a late Christmas present for him – a fine awaits!



This male wearing a light top, dark trousers and light shoes was caught dumping a white bag of rubbish outside Barclays in Leytonstone in late November. If you recognise him, let us know!



A new high-definition camera has been installed in Sycamore Path, Walthamstow. These two males were captured dumping bags and debris from the boot of their car. We'd like to get in touch with either or both of them – we have a FPN for fly-tipping waiting for them both! The images were taken on 12 January.



Taking the... This chap was caught short in Sycamore Path. Despite seeing the camera he just couldn't wait. Spending a penny may cost him several hundred pounds if anyone recognises him!

do it for...

Ayshe

Sister, student & fundraiser for Mind



I'll always be grateful for the care and precious extra time that the amazing staff gave us, with my big brother Jan. Please everyone – support a new hospital, and Mind, a wonderful mental health charity close to my heart.

Read Ayshe's full story online



Pledge your support for a new hospital



Pledge your support online
www.walthamforest.gov.uk/lovewx



Add a twibbon to your profile picture, tweet and share! #lovewhippscros



Download, print and display a poster to show your support

www.walthamforest.gov.uk/lovewx



Waltham Forest

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How to apply

You can find out about all our programmes by coming to our information and recruitment sessions. You can also contact us for an appointment any time throughout the year:

Call **Harpal Rull** on **020 8496 2029**
email: harpal.rull@walthamforest.gov.uk
Andrea Creary on **020 8496 2981**
email: andrea.creary@walthamforest.gov.uk
or call **07740 046122**.

Apprenticeship Information and Recruitment Sessions

To apply for an apprenticeship, come to an information session. Dates and times below. Punctual attendance is essential.

Leyton Neighbourhood Learning Centre
3 The Square, High Road Leyton, Leyton, E10 5NR

Friday 26 January 2018, 10am

Monday 12 February 2018, 10am

Tuesday 27 February 2018, 10am

Tuesday 13 March 2018, 10am – 1pm

Tuesday 27 March 2018, 10am – 1pm

Tuesday 1 May 2018, 10am – 1pm

Wednesday 15 May 2018, 10am – 1pm

Tuesday 29 May 2018, 2pm – 5pm